

# **S.M.A.R.T. GOALS**

**S = Specific**

**M = Measurable**

**A = Attainable**

**R = Realistic**

**T = Timely**

# Personal/Musical Goal

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# STEPS TO ACHIEVE GOAL

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

**Minimum of Three Steps**

**Mid-Quarter Check**

# REFLECTION

Reflection papers need to be typed and a minimum of 250 words. Each Reflection needs to answer the following questions. Reflections questions to be answered:

1. Did you achieve your goal?
2. If so, how did you achieve it?
3. If you did not achieve your goal, why not?
4. What did you learn?
5. What would you do again?
6. What would you do differently?
7. Did this goal help you grow as a person?

Use the following format when writing your reflection.

**Title:** (Personal/Musical Goal/Quarter One)

**Goal:** (State your goal)

**Method of Achievement:** (List your steps and how you went about it)

**Reflection:** (Answer reflection questions\_

**Future Use:** (How will I use what I learned?)